

# Being always causes burnout.



Barriers between work and personal life are gone.

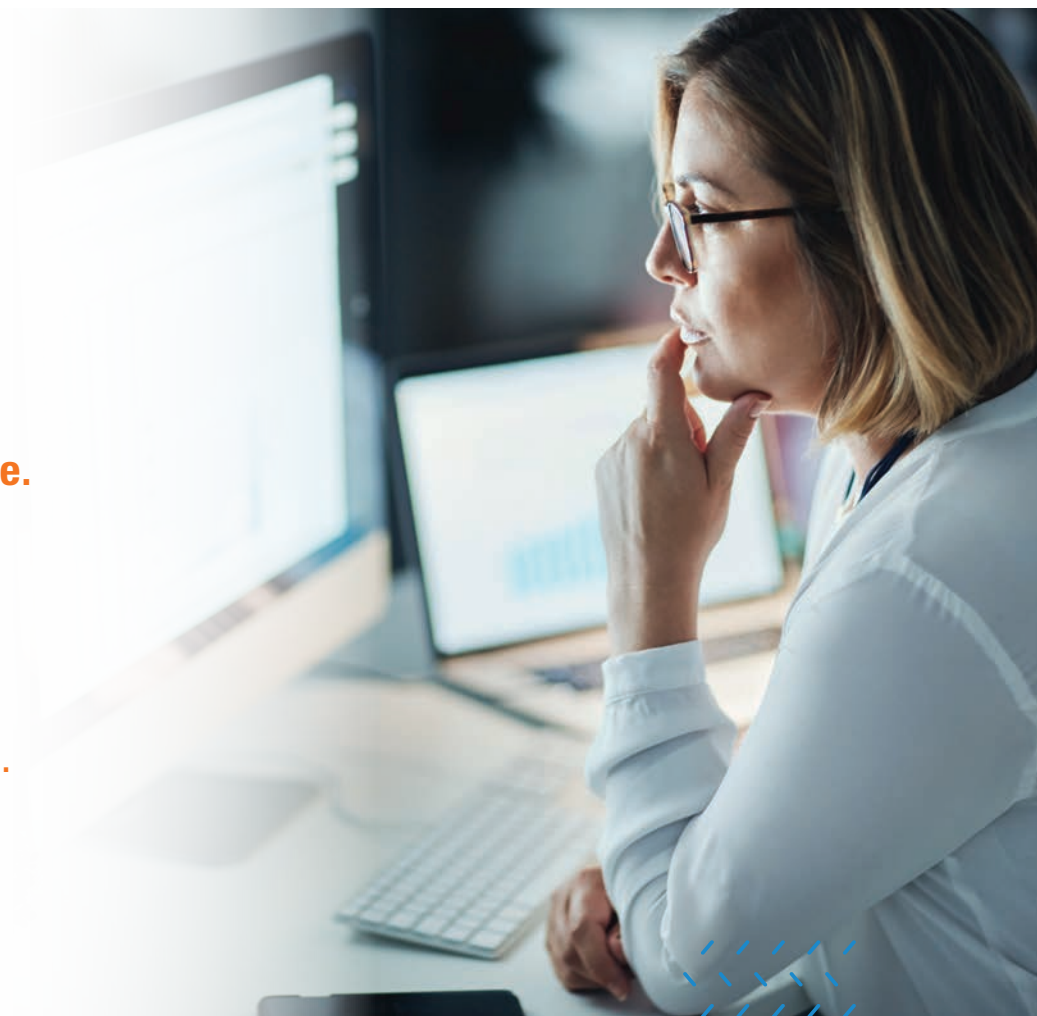
| **Setting boundaries helps you achieve better balance.**

Being always on is emotionally draining.

| **Unplugging helps you recharge.**

Unmanageable workloads demand you're always on.

| **Asking for help can turn always-on, off.**



**Let's learn to disconnect  
so we can fully recharge.**

Find support at [insights.ibx.com](https://insights.ibx.com).